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1. A growing medium comprising a self-supporting block formed from sphagnum material bound together by a binding material dispersed through the sphagnum material, said binding material being a compatible adhesive, as hereinbefore defined.
 2. The growing medium as claimed in claim 1 wherein the binding material is an adhesive in aqueous dispersion.
 3. The growing medium as claimed in claim 2 wherein the binding material is ethylene vinyl acetate adhesive.
 4. The growing medium as claimed in claim 1 wherein the binding material is selected from the following group:- casein, carotene, botanical gum resins, wax based adhesives, thermoplastics, thermoplastics melt bond powders.
 5. The growing medium as claimed in claim 1 further comprising fibrous material dispersed through the sphagnum material.
 6. The growing medium as claimed in claim 1 further comprising an exterior coating over all or part of said growing medium.
 7. The growing medium as claimed in claim 6 wherein said exterior coating is selected from the group consisting of: fibrous material, thermoplastics melt bond powder, adhesive coated thermoplastics material.
 8. The growing medium as claimed in claim 5 or claim 7 wherein said fibrous material is selected from the following group:- shredded waste paper, wool, coconut fibre, shredded cork, shredded bark.
 9. A method for preparing a growing medium comprising the steps of:-

- providing sphagnum material;

- mixing with said sphagnum material a binding material comprising a compatible adhesive, as hereinbefore defined;

- transferring said mixture to a mould;

- setting said binding material so that the binding material binds the sphagnum material to form a solid block;

- removing the formed block from the mould.

10. The method as claimed in claim 9 wherein said binding material is an adhesive in aqueous dispersion and is mixed with the sphagnum material to form a slurry.

11. The method as claimed in claim 9 or claim 10 further comprising the step of providing fibrous material which is mixed with said sphagnum material.

12. The method as claimed in claim 9 further comprising the step of forming a coating around all or part of the exterior surface of said solid block.

13. The method as claimed in claim 12 wherein said exterior coating is selected from the group consisting of: fibrous material, thermoplastics melt bond powder, adhesive coated thermoplastics material.

14. The combination of a growing medium as claimed in any one of claims 1 - 8 and a support tray, said support tray providing one or more apertures, the or each aperture being adapted to receive the growing medium and being surrounded by solid side walls; the top and base of the or each aperture being open.